

Advice to All Parents and Carers – Inform and Support

Dear Parents and Carers,

Steadily, over the course of the past year, the whole United Kingdom has seen life return closer to normal. The country is learning to live with COVID-19, and the main line of defence is now vaccination rather than lockdown.

As is the case with any infectious disease, from time-to-time members of our school community will contract COVID-19. Please be reassured that for most people, coronavirus (COVID-19) will be a mild illness. Clinical studies have shown that children and young people, including those previously considered as clinically extremely vulnerable (CEV), are at very low risk of serious illness if they catch the virus.

Rest assured that our school has undertaken COVID-19 risk assessments and all reasonable steps to manage COVID-19 are in place. Our school is committed to remaining open as we recognise that in addition to learning loss, missing face-to-face education is associated with considerable harm to the health and wellbeing of children and young people.

Confirmed cases

We are aware that there have been 8 confirmed cases of COVID-19 within our school.

We know that you may find this concerning but we are continuing to monitor the situation and are working closely with Public Health teams. This letter is to inform you of the current situation and provide advice on how to support your child.

The school remains open and your child should continue to attend as normal if they remain well. We encourage household members that are aged 11 and over to continue with twice weekly LFD testing to help identify cases promptly. Parents can visit www.norfolk.gov.uk/covidtesting and click on 'Testing for people without symptoms' to find the easiest way for them to get test kits.

Tracing close contacts and isolation

Education settings are no longer undertaking contact tracing, and we are unable to share with you the details of any positive cases. Close contacts will now be identified via NHS Test and Trace. This is likely to be a small number of individuals who would be most at risk of contracting COVID-19 due to the nature of the close contact.

Contacts are **not required to self-isolate** if any of the following apply:

- they are fully vaccinated (and at least 14 days have passed since they received the recommended doses of that vaccine)
- **they are below the age of 18 years and 6 months**
- they have taken part in or are currently part of an approved COVID-19 vaccine trial
- they are not able to get vaccinated for medical reasons

NHS Test and Trace will inform affected individuals, children or their parents or carers that they have been in close contact with a positive case and advise them to take a PCR test. We would encourage all individuals to take a PCR test if advised to do so.

Children and young people aged under 18 years 6 months who usually attend school who have been identified as a close contact should continue to attend school as normal. They do not need to wear a face covering within the school, but it is expected and recommended that these are worn when travelling on public or dedicated transport.

If you think your child is a close contact but you have not been contacted directly by NHS Test and Trace please follow the guidance here <https://www.gov.uk/government/publications/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person/guidance-for-contacts-of-people-with-possible-or-confirmed-coronavirus-covid-19-infection-who-do-not-live-with-the-person#i-think-i-have-had-contact-with-someone-who-has-tested-positive-for-covid-19-but-i-have-not-been-notified-and-advised-to-self-isolate-what-should-i-do>

What to do if your child develops symptoms of coronavirus (COVID-19)

If your child has any of the following symptoms,

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

they should self-isolate and you should inform us in the usual way.

You should immediately order a PCR test for them. If the PCR result is negative, they can stop self-isolating (unless instructed to self-isolate for other reasons) but we advise that they do not return to school if symptoms persist and they continue to be unwell. If the PCR result is positive, they must self-isolate until 10 days after the onset of symptoms. The isolation period can be reduced after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature.

Other members of the household should self-isolate where required to do so in line with published guidance <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

How to stop coronavirus (COVID-19) spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with coronavirus (COVID-19):

- If you are eligible, please take up the offer to get vaccinated. Those aged 16 or over can book a coronavirus (COVID-19) vaccination online here <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>
- wash your hands with soap and water or use hand sanitiser regularly throughout the day
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards
- participate in twice weekly LFD testing following national guidelines (recommended for those aged 11 years and over). Parents can visit www.norfolk.gov.uk/covidtesting and click on 'Testing for people without symptoms' to find the easiest way to get test kits.

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Find out what support is available locally for those self-isolating and in need at www.norfolk.gov.uk/supportathome.

Please rest assured we will continue to do all we can to minimise any disruption to the children's education. Thank you for your help in protecting the school community over the last 22 months.

Yours sincerely



Louise Jones
Headteacher